

## Thai Braised Beef with Coconut Milk and Ginger

1 (2 1/2-pound) boneless chuck roast  
1 teaspoon salt  
2 teaspoons ground coriander  
1 teaspoon ground cardamom  
1 teaspoon ground cumin  
1 teaspoon ground red pepper  
1 teaspoon ground turmeric  
1 teaspoon freshly ground black pepper  
2 teaspoons vegetable oil, divided  
3 cups chopped onion  
1 cup diced carrot  
2 tablespoons minced peeled fresh ginger  
4 garlic cloves, minced  
1 (16-ounce) can fat-free, less-sodium chicken broth  
1 1/2 cups light coconut milk  
2 tablespoons sliced peeled fresh lemon grass or 1 tablespoon thinly sliced lime rind  
3 bay leaves  
6 cups hot cooked Chinese-style egg noodles (about 12 ounces uncooked)  
1 cup chopped fresh cilantro

Trim fat from beef. Cut beef into 2-inch pieces. Combine salt and next 6 ingredients (salt through black pepper) in a small bowl. Sprinkle 2 tablespoons of spice mixture over beef, and toss to coat; reserve remaining spice mixture.

Preheat oven to 325°.

Heat 1 teaspoon oil in a large Dutch oven over medium-high heat. Add beef; cook 5 minutes, browning on all sides. Remove from pan. Heat 1 teaspoon oil in pan. Add onion, carrot, ginger, and garlic; sauté 8 minutes or until tender. Stir in broth, scraping pan to loosen browned bits. Return beef to pan. Add remaining spice mixture, coconut milk, lemon grass, and bay leaves. Bring to a boil. Cover and bake at 325° for 2 hours. Remove beef from pan using a slotted spoon; shred with 2 forks, set aside, and keep warm. Bring vegetable mixture to a boil over medium-high heat. Cook 10 minutes or until slightly thick. Discard bay leaves. Serve beef and vegetable mixture over noodles. Sprinkle with cilantro.

Note: You can find light coconut milk in the Asian or mexican section of most supermarkets. If yours does not carry it, ask your grocer to order it for you. For more information on availability, check out the Web site [www.atasteofthai.com](http://www.atasteofthai.com).

**Yield: 6 servings (serving size: 3 ounces beef, 3/4 cup vegetable mixture, and 1 cup noodles)**

CALORIES 554(29% from fat); FAT 18g (sat 7g,mono 6.4g,poly 2.4g); PROTEIN 40.5g;  
CHOLESTEROL 145mg; CALCIUM 81mg; SODIUM 905mg; FIBER 4.5g; IRON 8.3mg;  
CARBOHYDRATE 54.9g  
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